

Chronic Disease Indicators: Indicator Definition



Recommended physical activity among adults aged ≥ 18 years

Category:	Physical Activity and Nutrition
Demographic Group:	Resident persons aged ≥ 18 years.
Numerator:	Number of adults aged ≥ 18 years who report moderate physical activity for ≥ 30 minutes ≥ 5 times/week or who report vigorous physical activity for ≥ 20 minutes ≥ 3 times/week.
Denominator:	Number of adults aged ≥ 18 years who report any or no physical activity within the previous month (excluding unknowns and refusals).
Measures of Frequency:	Annual prevalence — crude and age-adjusted (standardized by the direct method to the year 2000 standard U.S. population, distribution 9*) — with 95% confidence interval.
Time Period of Case Definition:	Usual week.
Background:	In 2001, approximately 32% of adults aged ≥ 18 years engaged in moderate or vigorous physical activity during a usual week. Recently updated guidelines for physical activity among Americans are available at: http://www.health.gov/paguidelines/ .
Significance :	Physical inactivity and unhealthy eating contribute to obesity and a number of chronic diseases, including some cancers, cardiovascular disease, and diabetes. Physical activity reduces the risk for heart disease, colon cancer, stroke, type 2 diabetes and its complications, overweight, and osteoporosis.
Limitations of Indicator:	Indicator does not capture information on occupational activities, but does assess moderate and vigorous leisure-time, household, and transportation activities. The National Health Interview Survey is the national data source for Healthy People 2010, and BRFSS is the state data source. The questions from each data source are not the same, and the surveys are administered differently.
Data Resources:	Behavioral Risk Factor Surveillance System (BRFSS). http://www.cdc.gov/brfss/
Limitations of Data Resources:	As with all self-reported sample surveys, BRFSS data might be subject to systematic error resulting from noncoverage (e.g., lower telephone coverage among populations of low socioeconomic status), nonresponse (e.g., refusal to participate in the survey or to answer specific questions), or measurement (e.g., social desirability or recall bias).
Healthy People 2010 Objectives:	22-2: Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for ≥ 30 minutes/day.

* See Klein RJ, Schoenborn CA. Age adjustment using the 2000 projected U.S. population. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics, 2001. Healthy people 2010 statistical notes, no. 20. <http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>